

Hours: Monday -Friday  
9:30am - 1:30pm



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November 2017

Monday	Tuesday	Wednesday	Thursday	Friday
 <b>HAPPY THANKSGIVING!</b>		9:30 Coffee Talk 10:00 Good Old Days 10:30 Sing-along w/ Kay 12:00 Lunch 12:45 Tai Chi Exercise w/Dave <b>1</b>	9:30 Coffee Talk 10:00 Good Old Days 11:00 Classical Guitar 12:00 Lunch 12:45 Exercise w/Liz <b>2</b>	9:30 Coffee Talk 10:00 Exercise w/Liz 11:00 Word Games 12:00 Lunch 12:45 Bingo <b>3</b>
9:30 Coffee Talk 10:00 Exercise w/Liz 11:00 Music w/Ed 12:00 Lunch 12:45 Good Old Days <b>6</b>	9:30 Coffee Talk 10:00 Good Old Days 11:00 Music w/ Peter 12:00 Lunch 12:45 Exercise w/Liz <b>7</b>	9:30 Coffee Talk 10:30 Civil War Activity 12:00 Lunch 12:45 Tai Chi Exercise w/Dave <b>8</b>	9:30 Coffee Talk 10:00 Good Old Days 10:30 Travel to France 12:00 Lunch 12:45 Exercise w/Liz <b>9</b>	<b>Closed to Observe Veterans Day</b> <b>10</b>
9:30 Coffee Talk 10:00 Exercise w/Liz 11:00 Art Project 12:00 Lunch 12:45 Good Old Days <b>13</b>	9:30 Coffee Talk 10:00 Good Old Days 11:00 Music and Dance w/Al & Anne 12:00 Lunch 12:45 Exercise w/Liz <b>14</b>	<b>Thanksgiving Banquet Ten Oaks Ballroom 9:30am – 1:30pm</b> <b>15</b>	9:30 Coffee Talk 10:00 Good Old Days 10:30 Music w/Ellis 12:00 Lunch 12:4 Exercise w/Liz <b>16</b>	9:30 Coffee Talk 10:00 Exercise w/Liz 11:00 Music w/Charlie E 12:00 Lunch 12:45 Bingo <b>17</b>
9:30 Coffee Talk 10:00 Exercise w/Liz 11:00 Music and Dance w/Al & Anne 12:00 Lunch 12:45 Good Old Days <b>20</b>	9:30 Coffee Talk 10:00 Good Old Days 11:00 Ceramics w/Charlene 12:00 Lunch 12:45 Exercise w/Liz <b>21</b>	9:30 Coffee Talk 10:30 Thanksgiving Cooking Activity 12:00 Lunch 12:45 Tai Chi Exercise w/Dave <b>22</b>	<b>Closed Thanksgiving Holiday</b> <b>23</b>	<b>Closed Thanksgiving Holiday</b> <b>24</b>
<b>Bob Evans Restaurant 9:30am – 1:30pm (410) 290-0004</b> <b>27</b>	9:30 Coffee Talk 10:00 Good Old Days 11:00 Music w/Tom 12:00 Lunch 12:45 Exercise w/Liz <b>28</b>	9:30 Coffee Talk 10:00 Good Old Days 11:00 Senior Dance Social 12:00 Lunch 12:45 Tai Chi Exercise w/Dave <b>29</b>	9:30 Coffee Talk 10:00 Good Old Days 11:00 Intergeneration Craft Project w/ARL 12:00 Lunch 12:45 Exercise w/Liz <b>30</b>	

# Simple Ways to Thank Seniors This Thanksgiving

Adapted from <http://www.bestofhomecare.com/articles/10-simple-ways-to-thank-seniors-this-thanksgiving/>

A recent article in the New York Times, suggests that families who want to teach their children to be giving should begin by teaching them how much they have been given. Once children understand where they came from and recognize the people who helped them get there, they begin to appreciate what they have and to want to give themselves. As Thanksgiving draws near, this is the ideal time to share with children and loved ones your stories of receiving help and to thank those who have helped you.

Especially as you gather with your senior loved ones, Thanksgiving provides the ideal setting for saying thank you and sharing experiences. To help you express your love and thanks this week, here are a few ideas of what you can do for the seniors in your life:

- **Listen to them.** Seniors have an abundance of wisdom to share and stories to tell. Take a moment to sit down with them and start a conversation. You may even want to join StoryCorps.org who is providing a free app to help people record and share their family stories this Thanksgiving.
- **Tell them.** Your expression of gratitude doesn't need to be elaborate in order to be meaningful. Simply telling loved ones that you're grateful for them is often enough for them to feel loved and appreciated.
- **Serve them.** If you're already at your parent's or grandparents' house, look around for ways to help them out. Rake their leaves or wash the dishes, any small act of service will do.
- **Take a picture.** For many families, getting everyone together is rare and special. Document the moment with a picture and send it to your loved one.
- **Give them your undivided attention.** It's rare in our technology-dominated world to see people without a phone in hand. Giving loved ones your uninterrupted attention is a simple way to show them they're important to you.

## *Happy Birthday Claudia and Milady*

### Closings:

**Friday, November 10<sup>th</sup>, Closed for Veterans Day**

**Thursday and Friday, November 23<sup>rd</sup> & 24<sup>th</sup> Closed for Thanksgiving Holiday**

### Outings:

**Wednesday, November 15<sup>th</sup> Ten Oaks Ballroom Thanksgiving Feast 10:00am-1:30pm**

**Monday, November 27<sup>th</sup> Bob Evans Restaurant 9:30am-1:30pm.**

### Resource and Referral Information

**Maryland Access Point, (MAP):** Provides free information, assistance, and future planning for older adults and persons with disabilities. Contact them at 410-313-1234, 1-800-506-5806 or [map@howardcountymd.gov](mailto:map@howardcountymd.gov).

**RTA Paratransit Services:** 1-800-270-9553, Press 3 and follow prompts.

### Inclement Weather Policy

When Howard County Schools are closed or delayed two hours, the Connections Social Day Program is cancelled. When the public schools have a scheduled day off, please tune to WBAL-TV, listen to the Inclement Weather Line at 410-313-7777 or contact the center at 410-313-7218 to hear a recorded message regarding center operations.